



## ST. MARY'S COLLEGE (AUTONOMOUS)

(Re-accredited with 'A+' Grade by NAAC – 4<sup>th</sup> Cycle)

Thoothukudi – 628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

### HEALTH AND HYGIENE

**2021-2022**

On **14<sup>th</sup> August 2021** Department of Mathematics held a Distribution of nutritious multi grain health mix to children Vadakku Kalangarai village of Korampallam Panchayat More than 200 peasants participated in the event and provided nutritious flour to 100 families.



On **10<sup>th</sup> October 2021** Department of Economics conducted a virtual program on e-awareness on Mental Health was created and shared.



On **10<sup>th</sup> October 2021** Department of History celebrated World Mental Health Day at Paul Alangara Parvaiattor Ashram, Keezha Alagapuri. 10 students along with the faculties were the participants and more than 30 people were the beneficiaries.



On **12<sup>th</sup> October 2021** Department of Zoology celebrated World Food Day and conducted a Social and Economic Survey in Thai Nagar and Siluvaipatti North & South. 10 II B.Sc Zoology students participated and around 39 people got benefitted through this training.



On **12<sup>th</sup> October 2021** Department of Mathematics celebrated World Mental Health Day and World Food Day at Vadkku Kalangarai Village of Korampallam Panchayat. 20 students along with the staffs and village people were the participants More than 50 children from the village Kalangarai were actively participated in all the activities.



On **12<sup>th</sup> October 2021** Department of Botany celebrated World Mental Health Day ‘A way to find peace ‘in Ganapathy Nagar and Jahir Hussain Colony. 25 students participated and Students from standard 1 to 5 actively participated in running race, standard 6 to 12 students participated in balloon bursting and home makers participated in music chair who were the beneficiaries of the program.



On **16<sup>th</sup> October 2021** Department of History organized World Food Day at Keezha Alagapuri of Mappilaiurani Panchayat. 10 students of II B.A History along with the faculties were the participants and more than 45 people were benefitted.



On **25<sup>th</sup> March 2022** Department of Psychology organized an Awareness program on “Women’s Health and Menstrual Hygiene”. The participants included students and staffs along with the people of Ramdoss nagar, especially girl children and women.

